



## Secondhand Smoke Fact Sheet

The Smoke-Free Air Act will go into effect April 15, 2006. This Act protects New Jersey residents at work and in public from deadly secondhand smoke. The Act states that *tobacco smoke constitutes a substantial health hazard*, and therefore, *it is clearly in the public interest to prohibit smoking in enclosed indoor places*.

- The Smoke-Free Air Act (P.L. 2005, c.383) prohibits smoking in indoor public places and workplaces to protect employees and the public from secondhand smoke.
- Secondhand smoke is a serious health concern for everyone. Secondhand smoke is a dangerous combination of the smoke from the burning end of a cigarette, pipe or cigar and the smoke exhaled by a smoker. This mixture contains more than 4,000 substances, including 200 known poisons and 69 known and probable cancer-causing substances. Secondhand smoke has been classified by the U.S. Environmental Protection Agency (EPA) as a cause of cancer in humans (Group A carcinogen). Secondhand smoke is some times referred to as environmental tobacco smoke or ETS.
- Each year, secondhand smoke kills an estimated 62,000 nonsmokers in the United States, including approximately 3,000 deaths due to lung cancer and 35,000 deaths due to heart disease, according to the EPA. In New Jersey alone between 1,000 and 1,800 nonsmokers die every year from secondhand smoke.
- Secondhand smoke is especially dangerous to children, particularly for young children with developing respiratory systems. Secondhand smoke can cause pneumonia; ear infections; lower respiratory tract infections; irritate a child's asthma and allergies causing longer and more severe attacks; and is linked to Sudden Infant Death Syndrome (SIDS).
- If you are pregnant and are regularly exposed to secondhand smoke, you have a greater chance of having a more difficult delivery; having a smaller than average baby; and having a sick baby.
- To learn more about the Smoke-Free Air Act visit [www.smokefree.nj.gov](http://www.smokefree.nj.gov).
- For free information on how to become a smoke free New Jersey, call NJ Quitline at 1-866-NJ-STOPS (1-866-657-8677) or visit NJ QuitNet® at [www.nj.quitnet.com](http://www.nj.quitnet.com). Both services provide free and personal professional counseling and support. Or visit [www.njquit2win.com](http://www.njquit2win.com) for free materials that you can use to create a "quit smoking program" in work or meeting places.



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